

# The Effectiveness of Instructional Video in the Acquisition of Cognitive, Affective and Psychomotor Skills in Practical Sports Therapy Rehabilitation

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# Background

- Sports Therapy
- A non-traditional pedagogic subject area







# Background

- Sports Therapy straddles all learning domains, akin to Medicine, Dentistry etc



# Background

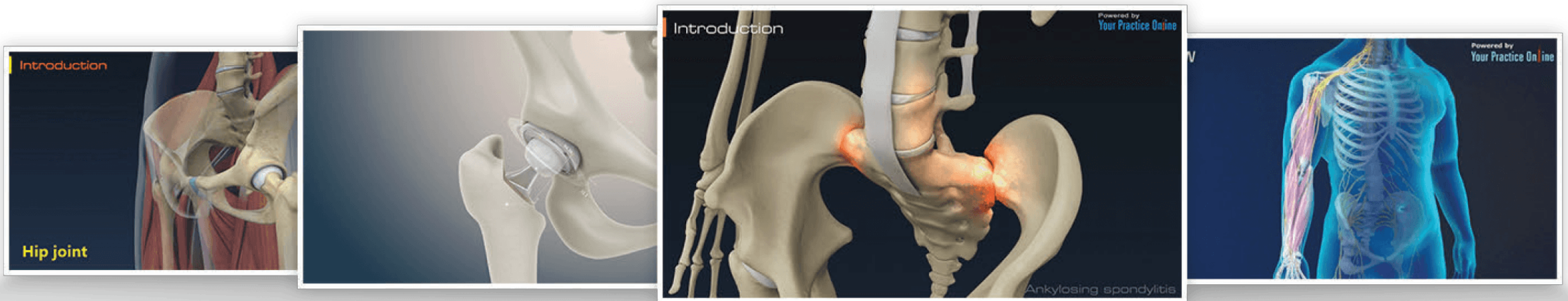
- Underlying principles: observational learning, from behaviourism to constructivism





# Multimedia Videos

- Growing use within Higher Education



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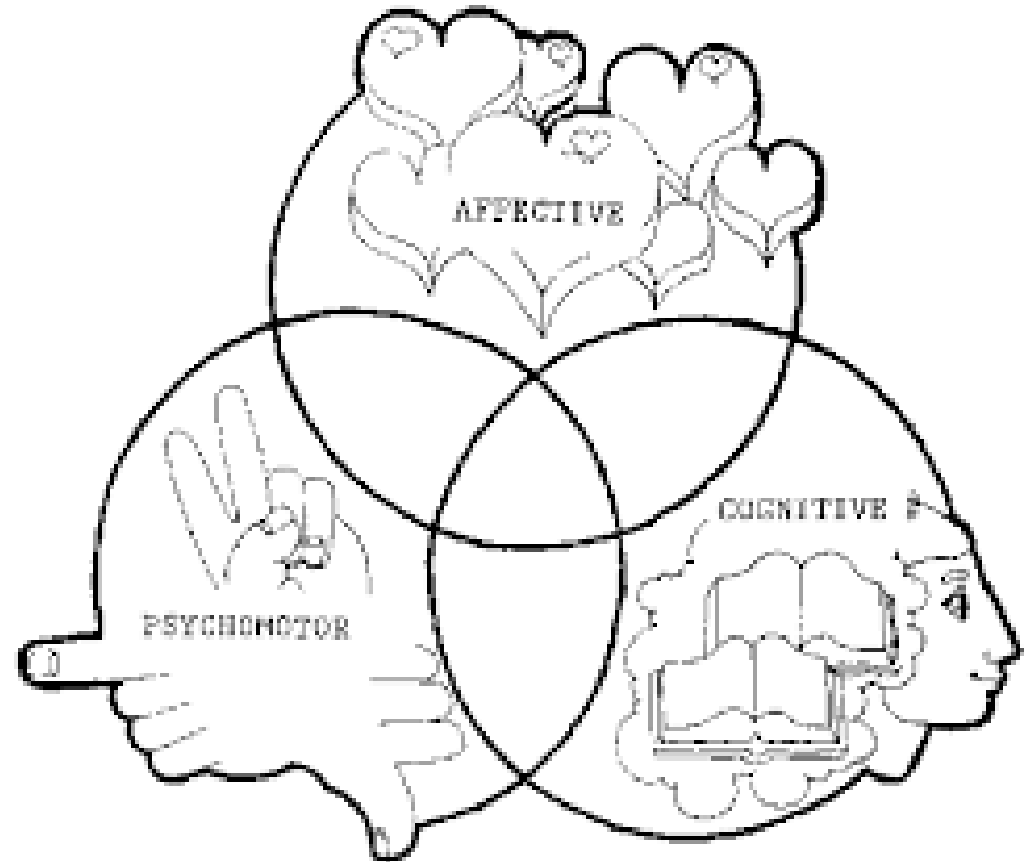
# Multimedia Videos

- Developing from purely cognitive and knowledge based



# Multimedia Videos

- Cognitive-Affective and Psychomotor emerging

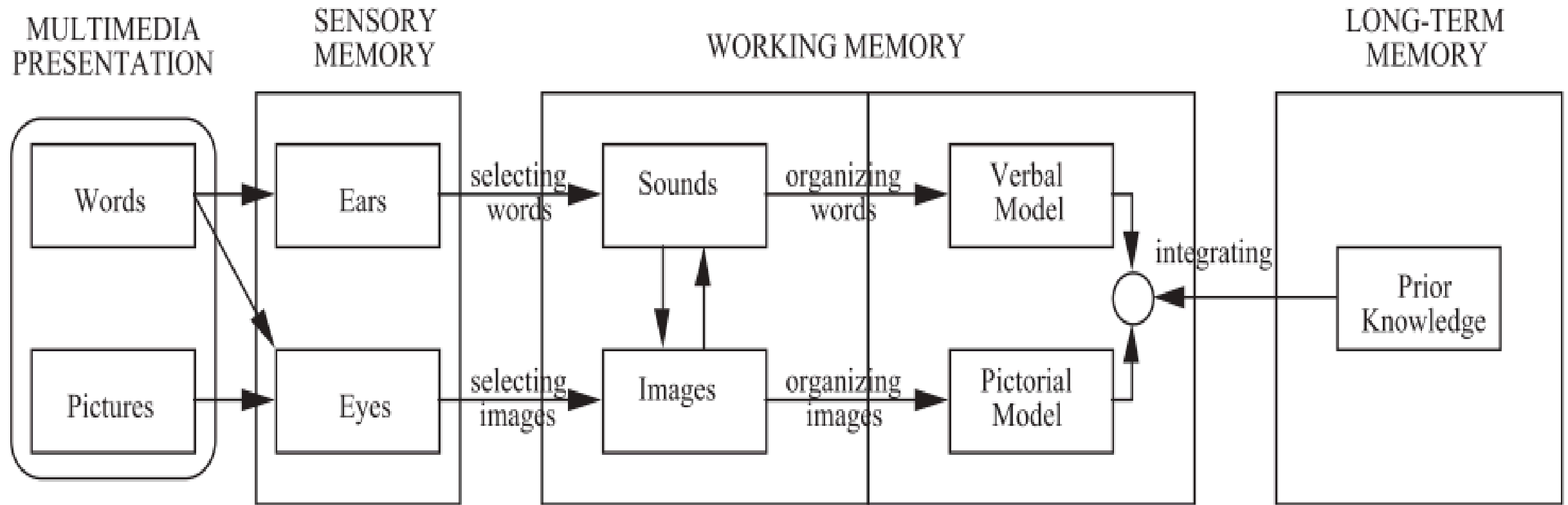




# Maximising Learning

- Instructional video design principles
- Cognitive Load Theory
- Mayer's Multimedia Learning Theory





(Mayer, 2014)

# The Study

- Quasi-experimental, 2x2 crossover design (2x9 week collection phases)
- Control and Instructional Videos group
- Formative assessment







# Early Rehabilitation Crutch Walking Doors



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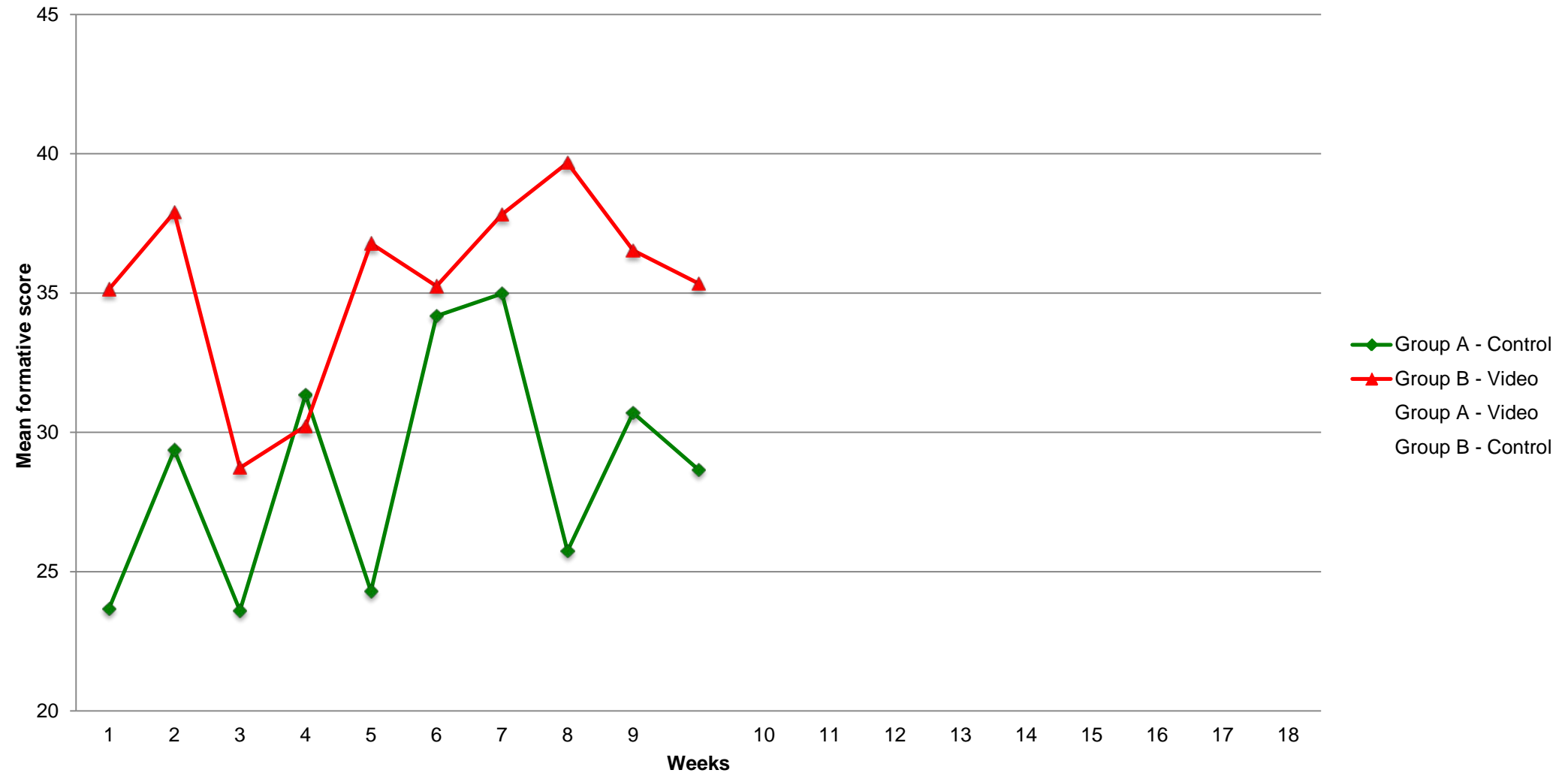
# Findings



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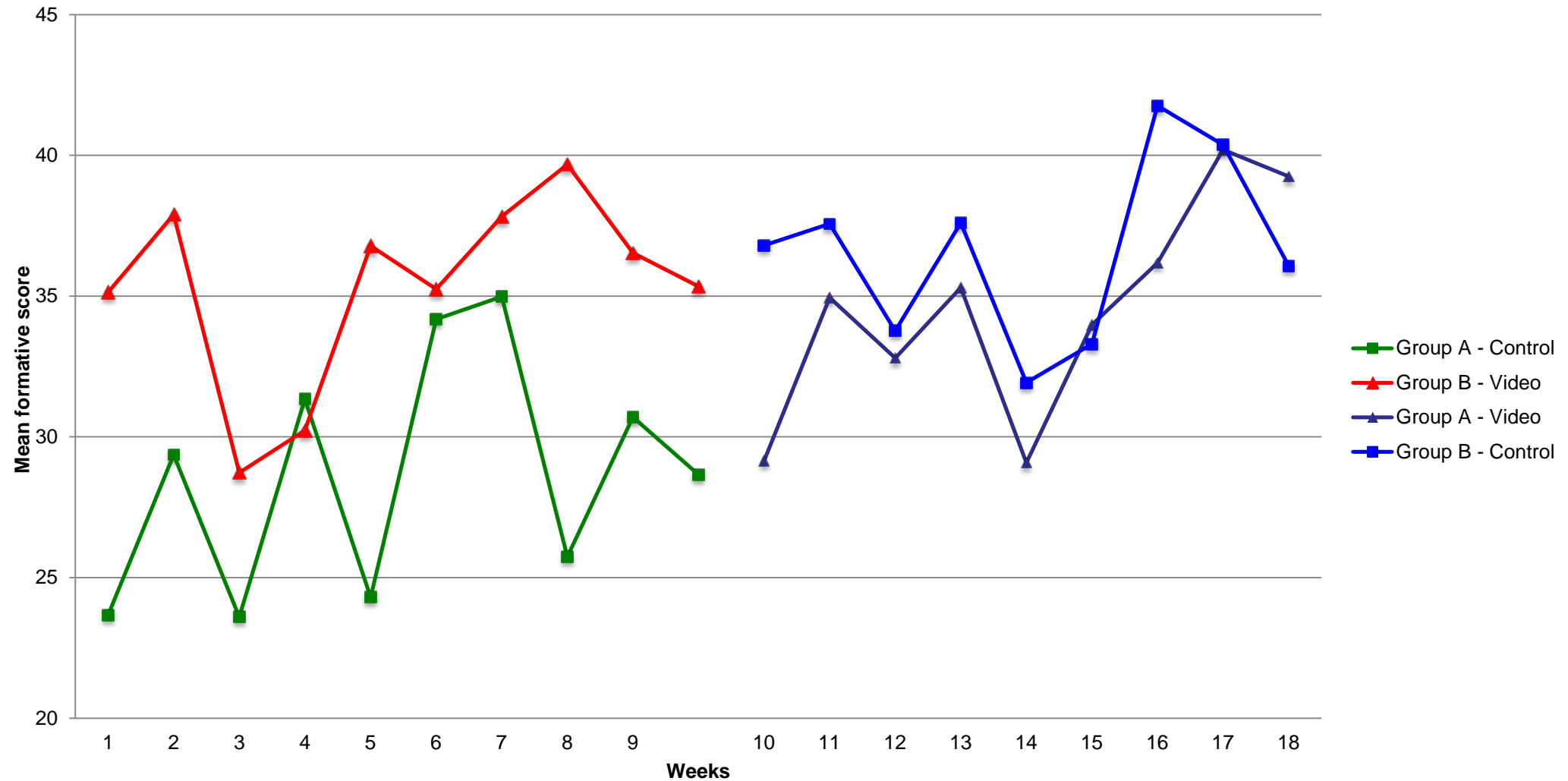


Mean aggregate formative scores





Mean aggregate formative scores



# Educational Implications

- Educationally significant impact (Hattie, 2008)



# Educational Implications

- Discovered due to the crossover contamination





# Educational Implications

- Demonstrates that videos are effective for knowledge and practical skills

# Educational Implications

- Embracing the affective domain . . .  
is the domain underutilised in  
higher education?

# Any Questions?



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